Contact: info@matchboxfitness.ie

"Everything amazing starts with a spark"

Name		Week 1			Week 2			Week 3			Week 4		
WARM UP	EXERCISES	REPS	RR	KG	REPS	RR	KG	REPS	RR	KG	REPS	RR	KG
	EXERCISES	REPS	RR	KG	REPS	RR	KG	REPS	RR	KG	REPS	RR	KG
WARM UP	EXERCISES	REPS	RR	KG	REPS	RR	KG	REPS	RR	KG	REPS	RR	KG
	EXERCISES	REPS	RR	KG	REPS	RR	KG	REPS	RR	KG	REPS	RR	KG